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Nabeel Ahmed



Naeem Ahmed



Hassan Raza

SEX ATTACK TRIO JAILED

Vulnerable girl subjected to nightmare ordeal

THREE men who raped and assaulted a vulnerable young woman have been sentenced to a total of 24 years imprisonment.

Naeem Ahmed and Hassan Raza, from Barking, were among the trio that attacked the teenager after she was seen in distress following an argument with a friend in the street.

Snaresbrook Crown Court heard the third man Nabeel Ahmed, 24, had originally followed the girl in his car and offered her a lift to Chadwell Heath train station but instead he took her to pick up his friend Naeem Ahmed.

The victim wanted to go to a friend's home to stay the night but they took her to another address in Ilford where she was introduced to Hassan Raza.

Eventually the victim was left to sleep in a bedroom but in the early hours of the next morning Naeem Ahmed and Nabeel Ahmed raped her.

The court heard when they left, Raza came in and pretended to feel sorry for the woman before sexually assaulting her.

When the victim was finally able to leave, she reported the matter to the Met police who began an investigation and worked with her to identify the men, who she did not know by their real names.

The three men were arrested on December 13, 2012 and the men were convicted at Southwark Crown Court on July 19 and were sentenced

at Snaresbrook last Wednesday.

Naeem Ahmed, 25, a car salesman of Westminster Gardens, Barking was sentenced to a total of 14 years in prison on three charges of rape.

Nabeel Ahmed, 24, a mechanic of Chadwell Heath Lane, Romford was sentenced to eight years for rape. He was found not guilty of two additional charges of rape.

Hassan Raza, 24, a caterer of Westminster Gardens, Barking was sentenced to two years for sexual assault.

All three men will be placed on the sex offenders register.

Detective Sergeant John O'Brien of the MPS TPU said: "Nabeel Ahmed

chose this woman because she was vulnerable. Having befriended her, and convinced he would help her, he instead took her to his friends and they all sexually abused her.

"The victim showed great bravery in reporting the offences to the police, and even greater courage in giving evidence. While no sentence could ever undo her suffering, I sincerely hope today's result will enable the victim to begin rebuilding her life.

"I urge all victims of rape to report the matter to the police, who have specially trained officers ready to provide them with the sensitive support that they need."

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MISSING: Ann Taylor

Have you seen Ann?

POLICE are appealing for help to trace a woman who may be in the Waltham Forest area.

Ann Taylor, is missing from her Enfield home.

The 51-year-old was last

seen at her home address in Enfield on the evening of September 17. She is married with two daughters.

Enquires suggest that she is in the Waltham Forest area near to Epping Forest.

Ann is described as white, of thin build, 5ft 7ins tall with shoulder length blonde hair.

Anyone who has seen her or knows of her whereabouts should call Enfield Police on 101 or 020 8345 3332.

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UNBEATEN O'S SITTING PRETTY

Orient

Leyton Orient 5 Notts County 1
Sky Bet League One
By Rowland Lyons at the Matchroom Stadium

ORIENT increased their gap at the top of the table to five points and became the only senior side in the country with 100 per cent record after putting the bottom Magpies to the sword on Tuesday evening.

Boss, Russell Slade, was able to name an unchanged eleven from Saturday's Port Vale thriller and the faith in his selection was rewarded on 28 minutes when Kevin Lisbie's downward header from Lloyd James's set piece set the O's on their way.

County – with only one point from a possible 18 – were no match for the irrepressible O's and the game began to creep away on the stroke of half-time when Dean Cox's shot rebounded out for the poacher Lisbie to drill home and double the advantage.

Cox's industry got the goal it merited ten minutes into the second-half with a fine effort that beat Bartosz Bialkowski via his far post from a smart James pass.

But, with less than 20 minutes left Magpies' sub, Danny Haynes, reduced the deficit with a close-range header, but that only served to inspire the O's as supersubs Shaun Batt and Jayden Stockley grabbed late goals to ensure there would be no County comeback.

Slade said: "I could not have been happier. The goals were raining in tonight – everyone was chipping in. Notts County came here with a certain game plan – we had to adjust to that – to be fair – and as soon as we

began to deal with that we got on top a little bit once we got in that final third – we are deadly at the minute."

Slade added: "If it's not Mooney scoring, then it's Lisbie and I am delighted for Shaun Batt who has come on and scored and Jayden has taken his goal well – so that's good news for us. It was also a great finish for Coxy. I asked them to be ruthless in both boxes and that's what I got."

The boss warned: "We still have to improve – in every minute of the game and every day – and that's the target. You can't question the will to win, as well. That's the phenomenal part of our game that we have a fantastic will to win."

Cox added: "I don't know what's up with us at the moment! It's a joy to play with people like Lis, Moons and Batts scoring for fun – we're taking our chances. And, the boys at the back have been tremendous – it was a great team effort tonight."

"It's a lovely feeling at the moment and we're going on the pitch full of confidence. And the crowd – even at nil-nil – is spurring us on and we are creating chances and playing some flowing football at the moment."

The winger admitted: "This is the most enjoyable time of my career – seven wins out of seven and being part of great side. I don't want to tempt fate, but this side has something special. I think – maybe – this could be our year. If we can continue this form into January, then we are going to be there or thereabouts."

Cox concluded: "At three-one – and I've been here four years now – on another occasion we might have got a bit jittery. But, with the likes of Batt and Jayden coming on and

scoring a goal each just shows the competition for places and the crackling squad we have here. The finishes were very, very clinical tonight – all the hard work on the training ground is boding well for us."

■ Orient travel to Brentford on Monday night before the live SKY TV cameras (kick-off 7.45pm),

ORIENT: Jamie Jones – Scott Cuthbert, Mathieu Baudry, Nathan Clarke (captain), Elliot Omozusi – Moses Odubajo (Yohann Lasimant 86), Lloyd James, Romain Vincelot, Dean Cox – David Mooney (Jayden Stockley 82), Kevin Lisbie (Shaun Batt 62). Subs (not used): Jake Larkins (gk), Johnny Gorman, Harry Lee, Jack Sherratt.

NOTTS COUNTY: Bartosz Bialkowski – Gary Liddle, Dean Leacock, Alan Sheehan – Andre Boucard, David Bell, Callum McGregor, Enda Stevens (Manny Smith 46) – Mark Fotheringham (Danny Haynes 65), Jack Greish, Marcus Haber (Yohann Arquin 46). Subs (not used): Fabian Spiess (gk), Joss Ladabie, Greg Tempest, Mustapha Dumbuya.

Leyton Orient 3 Port Vale 2

KEVIN LISBIE'S last gasp strike ensured the O's remained top of tree and maintained their club-record breaking 100% run, seeing off Micky Adams' Valiants, last Saturday.

Louis Dodds had given Vale a shock lead midway through the first-half from O's keeper, Jamie Jones', howler, only for David Mooney to spectacularly level – almost immediately – under controversial circumstances after the referee, Mick Russell, had overruled his assistant, who was flagging for offside.

Mooney fired the O's ahead on the stroke of half-time after man-of-the-match Romain Vincelot had exposed Vale's Chris Robertson for pace.

But, Vale responded with a stirring second-half display that saw Jennison Myrie-Williams level, with Jones again at fault, before nearly

restoring the lead by hitting the crossbar with a curling free-kick.

And, with an entertaining game heading for a draw, Mooney rolled a pass into that man Lisbie's path – with only two minutes of normal time remaining – and the veteran cleverly shook off a challenge and planted his sixth goal of the season past a helpless Chris Neal.

A relieved Orient boss, Russell Slade, admitted: "It was a good game and Nicky's team kept coming at us. We just kept plugging away. Lisbie and Mooney are both capable of scoring and with that of bit of quality both are in good form at the minute."

However, Slade criticised some of his side's defending: "They weren't great goals for second and third phase – we didn't deal with them very well."

After an 11-day enforced break, Slade concluded: "It is difficult to get back in that groove automatically, but we found a way in the end."

Vale boss, Adams, added: "Orient showed what a good side they are. But, if you score twice against the league leaders, then you expect to get at least a point, or even a win. But, today we gave away three goals and defending is where we need to tighten up."

ORIENT: Jamie Jones – Scott Cuthbert (Shaun Batt 68), Mathieu Baudry, Nathan Clarke (captain), Elliot Omozusi – Moses Odubajo, Lloyd James (Marvin Bartley 75), Romain Vincelot, Dean Cox – David Mooney, Kevin Lisbie (Jayden Stockley 90). Subs (not used): Jake Larkins (gk), Yohann Lasimant, Johnny Gorman, Harry Lee.

PORT VALE: Chris Neal – Richard Duffy, Chris Robertson, Liam Chivers, Carl Dickin – Jennison Myrie-Williams, Anthony Griffith, Doug Loft (captain), Kaid Mohammed – Tom Pope, Louis Dodds (Ben Williamson 74). Subs (not used): Adam Yates, Gavin Tomlin, Chris Shuker, Chris Lines, Chris Birchall, Lee Hughes.

Cricket

Essex to face Sri Lanka

ESSEX County Cricket Club will face Sri Lanka on Tuesday May 13 2014.

The match will be a day/night game under floodlights at the Essex County Ground with the start time still to be confirmed. Essex members for the 2014 season will be entitled to a free complimentary ticket and further information on the 2014 members packages and general admission tickets for this match will be announced by the club in due course.

The two teams played a three-day tourist match in June 2011, where the result was a draw with Ryan ten Doeschate hitting a century and top scoring with 164 runs for Essex.

Essex County Cricket Club chief executive, Derek Bowden said: "The match will undoubtedly be a very popular and exciting spectacle for everyone involved with the club, including our members and supporters who will have the opportunity to watch some of the world's best cricketers in action for free as part of the 2014 Essex County Cricket Club Membership."

Ryan leaves for T20 tournament

ESSEX'S Ryan ten Doeschate has left the club ahead of the domestic season finishing to join up with New Zealand side, Otago Volts, who are competing in the 2013 Champions League T20 tournament which began on Tuesday in India.

Doeschate's departure from the side coincides with the return of Ravi Bopara, who has been away on international duty with England during the NatWest ODI series versus Australia.

Batsman Tom Westley also returns following a finger injury and is available for selection for the final match of the season against Hampshire in the LV= County Championship.

PE teacher is awarded for borough's youth games success

A DAGENHAM PE teacher has collected a prestigious sports award from Olympic and World 400m gold medallist Christine Ohuruogu for saving her borough's involvement in the London Youth Games.

Mary-Ann Ramsey was awarded the Jubilee Cup for an outstanding individual contribution at the Balfour Beatty London Youth Games Hall of Fame and Annual Awards at BAFTA in London's West End on Tuesday September 10.

Mary-Ann took the reins for the borough's London Youth Games teams after Barking & Dagenham Council decided to withdraw their support for local young people at Europe's largest annual youth sports event just one month after the conclusion of London 2012.

A teacher at All Saints Catholic School, she ensured the borough would not be isolated as the only one in London not to take part in the 36-year-old Games by rallying the local community.

She created the BARDAF Sports Foundation and led a team of volunteers to put together Barking & Dagenham teams in 17 competitions, some of which the borough had not previously entered before.

After collecting the award from former London Youth Games competitor Ohuruogu, she said: "It feels amazing, absolutely amazing. You can't

take away people's opportunities to take part in competitive sport. I am a PE Teacher, I am so passionate about sport. It's our job as teachers and as coaches to give our young people the best opportunities.

"We managed to get near on 20 teams entered into the Games this year in a space of four weeks. There were 300 kids at those Games this year, after the council said no. We came away with near on 20 medals across the board. Half of those didn't have full teams."

"Disability athletics had four athletes and came away with eight medals. Why are we stopping that? Our borough has got so much talent, so much potential. It's our job as adults to make sure they get access to opportunities."

"Beforehand people were saying we can't do it. But we did it, it all ran smoothly everyone had a great time, everyone was talking about sport right through to the end of the Paralympics. So why are we taking that away from our kids?"

"We've got massive hopes for the London Youth Games next year, starting with the cross country on November 16. We are starting to get a team together for that. We've got the head of departments for all the secondary schools in the borough on board and willing to help out."

"It's also down to heads of departments to

decide 'What can we enter? What can we do?' I've also got contacts with outside club managers who are coming across. There's a team managers meeting on October 3 at the Royal British Legion in Dagenham at 8 O'clock. That's for team managers, coaches, volunteers – anyone who wants to be involved in any shape or form."

"I've got a web specialist on board who is going to do our BARDAF Sports Foundation website. I've been in meetings throughout summer, every day, every week, just to get things moving for London Youth Games 2014. We'll be there."

Mary-Ann was one of several prize winners on the night, as former London Youth Games competitors were recognised alongside the individuals and organisations which helped deliver another record-breaking year for the event.

It was revealed on the evening that there were 114,598 participants in the 2013 London Youth Games, the highest ever in the event's long history.

Tuesday's event was hosted by three-times Olympic javelin medallist and 2009 Hall of Fame inductee Steve Backley.

The Balfour Beatty London Youth Games is Europe's largest annual youth sports event, featuring teams from 33 London boroughs taking part in 85 competitions across 33 sports on 27 event days.



Mary-Ann Ramsey receives the Jubilee Cup from Olympic 400m gold medalist Christine Ohuruogu

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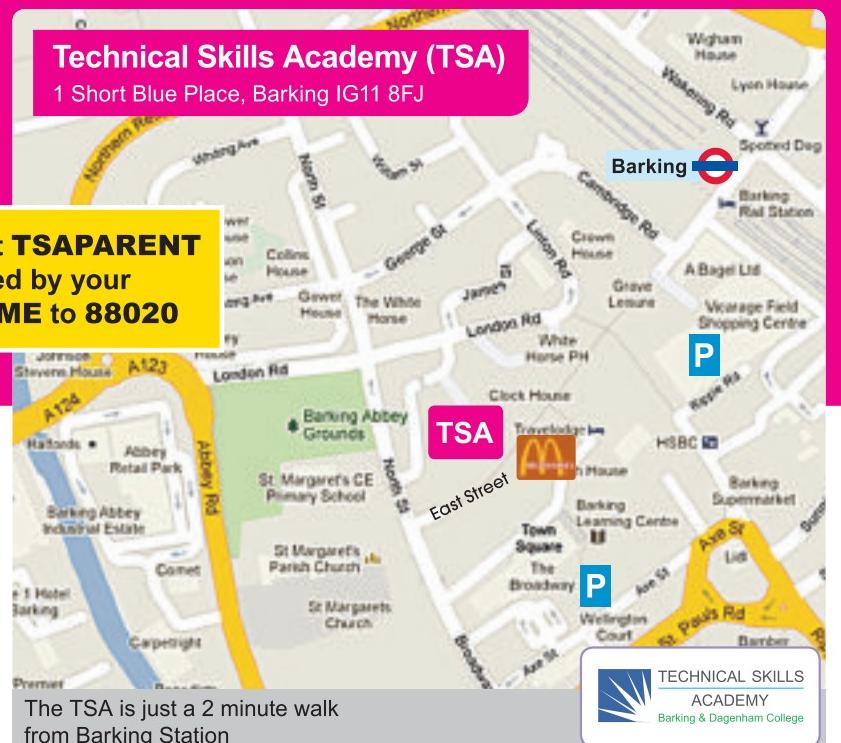
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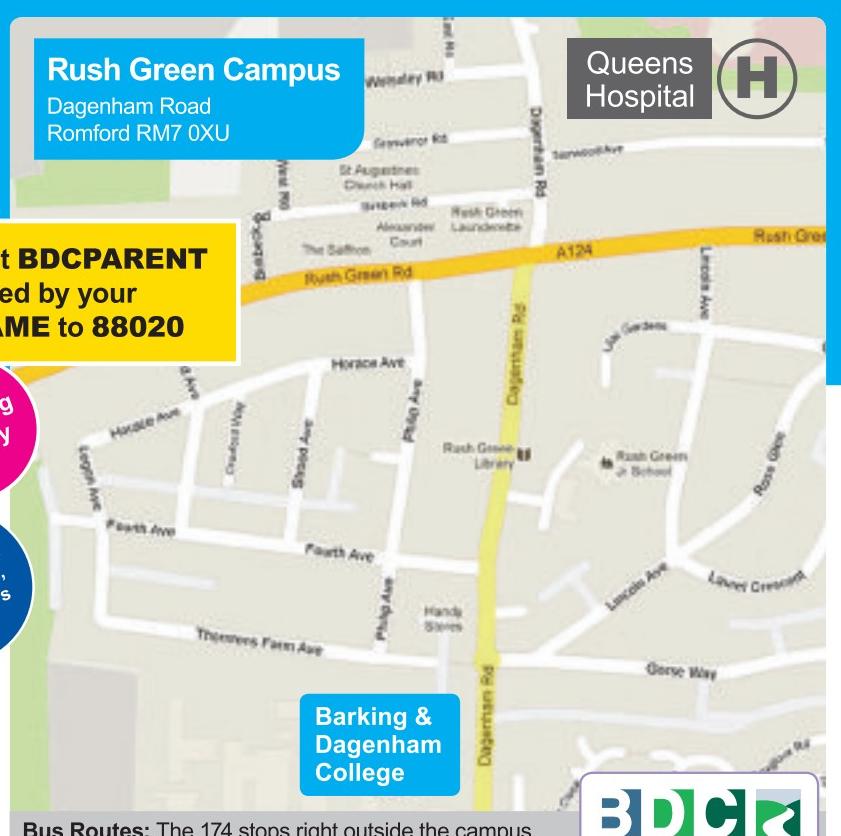
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